

Chronic Disease Connections



An e-bulletin created for healthcare systems working with patients to control their diabetes and high blood pressure.

Health Promotion is Newsworthy

The Centers for Disease Control and Prevention (CDC) recently published **CDC Winnable Battles 2010-2015 Final Report**. The new report uses recent data from CDC surveillance systems to track progress in seven public health areas: Tobacco, Nutrition/Physical Activity/Obesity, Food Safety, Healthcare-Associated Infections, Motor Vehicle Injuries, Teen Pregnancy, and HIV in the U.S. This report indicates that health has improved in some areas during the Winnable Battles timeframe, most notably in declining cigarette use among adults and youth, and fewer teen pregnancies. Despite the progress that has been made, important work remains for all CDC Winnable Battles. CDC Winnable Battles are public health priorities with large-scale impact on health and known effective strategies to address them. By tracking progress and working closely with our public health partners, we can continue to help reduce health disparities and the overall health burden from diseases and conditions associated with CDC Winnable Battles.

Prediabetes and Diabetes News

Surprise: Seniors take to online DPP better than most adults

More than half of Americans over 65, some 23 million people, have prediabetes. Nine in ten people with prediabetes don't know they have it. A recent study indicates an online intensive behavior counseling program can help seniors lose weight and reduce their risk of type 2 diabetes and cardiovascular disease. Another key finding: seniors had a higher participation rate than the total adult population. The program's creators cite appropriate design.

Study: Black patients are underrepresented in U.S. diabetes drug trials

Reuters (1/6) Researchers found that less than 5 percent of patients included in five of seven recent U.S. diabetes drug safety trials were black. The study in The Lancet Diabetes and Endocrinology was based on drug trials conducted since 2008, when the FDA required testing new glucose-lowering medications for cardiovascular safety. The researchers also said that black patients have higher cardiovascular mortality rates and diabetes incidence than whites.

ADA revises guidelines for diabetic neuropathy

The American Diabetes Association's updated guidelines for diabetic neuropathy include information on the management and prevention of distal symmetric polyneuropathy and diabetic autonomic neuropathies such as cardiovascular autonomic neuropathy and less common forms of neuropathy. The guidelines, published in Diabetes Care, also cite the factors that contribute to a lack of better neuropathy treatment, including "a lack of agreement and uniformity in the use of the most sensitive DSPN measures," focus on symptom measures and large-fiber dysfunction, and difficulty in finding appropriate animal models.

Experts: Diabetes prevention programs should be population-based

Efforts to prevent type 2 diabetes must go beyond screen-and-treat strategies and include population-based approaches aimed at entire communities, including policies to encourage physical activity and discourage the consumption of sugary beverages, experts wrote in the BMJ.

What's new about



Better Choices, Better Health
Put Life Back in Your Life

Changes in eating patterns can be difficult, but are often a crucial step in living a healthy life with a chronic disease. The Better Choices, Better Health program supports participants in thinking about their food choices, understanding healthy/healthier choices, eating for specific long-term conditions, and common challenges to eating healthy. Workshop participants support one another in considering personal changes and implementing changes in small increments. Think about referring your patients to Better Choices, Better Health workshops in your area.

Learn more and locate a program nearby your patients at <http://idph.iowa.gov/betterchoicesbetterhealth>.



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Million Hearts® Initiative Update



Embed Million Hearts® clinical quality improvement (QI) tools and resources onto your web page!

Million Hearts® recently launched the [Million Hearts® for Clinicians Microsite](#), a collection of [syndicated](#) Million Hearts® messages and QI tools that [can easily be embedded](#) into any website. The microsite is an easy and free way to make high-impact and up-to-date Million Hearts® resources available for your clinical audience. [Check out](#) how the Association of State and Territorial Health Officials syndicated the microsite.

The latest on the ABCS



Aspirin Use

AHA Responds to Frequently Asked Questions About Aspirin

What about aspirin and alcohol?

There is a risk of stomach problems, including stomach bleeding, for people who take aspirin regularly. Alcohol use can increase these stomach risks, so ask your doctor if it is safe for you to drink alcohol in moderation.

Should I take aspirin during a heart attack or stroke?

The more important thing to do if any heart attack warning signs occur is to call 9-1-1 immediately. **Don't do anything before calling 9-1-1.** In particular, don't take an aspirin, then wait for it to relieve your pain. Don't postpone calling 9-1-1. Aspirin won't treat your heart attack by itself.

After you call 9-1-1, the 9-1-1 operator may recommend that you take an aspirin. He or she can make sure that you don't have an allergy to aspirin or a condition that makes using it too risky. If the 9-1-1 operator doesn't talk to you about taking an aspirin, the emergency medical technicians or the physician in the Emergency Department will give you an aspirin if it's right for you.

Taking aspirin isn't advised during a stroke, because not all strokes are caused by blood clots. Most strokes are caused by clots, but some are caused by ruptured blood vessels. Taking aspirin could potentially make these bleeding strokes more severe.

The best way to know if you're a candidate for aspirin therapy is to ask your healthcare provider. **You should not start aspirin on your own.**

Additional Information: [Aspirin and preventing another stroke](#); [Order a brochure of this information](#); [Read a story from our blog about aspirin therapy](#)

Blood Pressure Control and Management

American Heart Month statistics in the United States

- Fewer Americans have been dying of heart disease and stroke since the 1980s, thanks to progress in medical therapies for patients with a history of heart disease and stroke and from lifestyle changes that are curbing the risk.
- In every year since 1900 except 1918, CVD accounted for more deaths than any other major cause of death in the United States. Stroke still ranks fifth.
- An estimated 85.6 million people in the U.S. are living with cardiovascular diseases, including heart attack, stroke, high blood pressure and chest pain.
- Among U.S. adults, 32.6 percent—about 80 million—have high blood pressure.
- Despite an overall 28.8 percent drop in cardiovascular disease death rates from 2003 to 2013, the high blood pressure death rate increased 8.2 percent over that same time. [Heart Disease & Stroke Statistics Update](#)

Help your practice and patients with blood pressure measurement using AMA's infographic

Blood pressure measurement is a routine task in most practices, but are you sure it's done accurately in yours? This infographic offers a simple way to help your patients and medical staff get the most accurate results.

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Cholesterol Control and Management

Study examines link between LDL, CV risk across statin, non-statin therapies

Researchers looked at 312,175 patients from randomized trials and found statin and non-statin therapies, including diet, that lower LDL levels led to similar reductions in the risk of major cardiovascular events. The meta-regression analysis, published in the Journal of the American Medical Association, suggests interventions that primarily act through upregulation of LDL receptor expression may be linked to similar clinical benefits for every 1-mmol/L reduction in LDL.

Smoking Cessation

See attached Tobacco Free Toolkit-Behavioral-Health

Developed by the University of Colorado Anschutz Medical Campus School of Medicine Promotes a dual approach in providing support to people who are diagnosed with behavioral health issues:

- Tobacco Free policy for facility with support for staff to quit tobacco use
- Clinic protocols that integrate tobacco cessation with other therapies



TF-Toolkit-Supp-Beha
vioral-Health.pdf



Discover evidence-based strategies for tobacco cessation

The latest Million Hearts® Action Guide provides clinicians with tested strategies on how to identify and treat patients who use tobacco. Check out the guide for tips on how to use teams and workflow so that all smokers get the best evidence-based interventions. The guide includes valuable links to resources and supporting references.

Help smokers quit with this clinical intervention protocol

Check out the Million Hearts® website for guidance on how to adopt and use a protocol and see examples for use in practices and healthcare systems. You can also create a custom protocol using the Million Hearts® Tobacco Cessation Protocol template.

Plan Clinic Awareness Activities for Upcoming Health Observations:

Heart Month

www.goredforwomen.org

Wear Red Day

February 3, 2017

www.goredforwomen.org

Cardiac Rehabilitation Week

February 12-18, 2017

www.acp-online.org

Cardiovascular Professionals Week

February 12-18, 2017

www.acp-online.org

Kidney Month

www.kidney.org

Nutrition Month

www.eatright.org

Save Your Vision Month

www.aoa.org

Brain Awareness Week

March 13-19, 2017

www.dana.org

Diabetes Association Alert Day

March 28, 2017

www.diabetes.org



Training for Providers:

Register Today

Iowa Healthcare Collaborative Patient Safety Conference

3-14-2017

Courtyard by Marriot, Ankeny, Iowa

This conference will bring together healthcare professionals from across the state to learn about current patient safety topics. Best practices will be shared and discussed. Helen Haskell, MA, president of the nonprofit, Mothers Against Medical Error will deliver the keynote address. The event promises to be a full day of engaging content and information you will not want to miss.

Targeted audience: CEOs, physicians, risk managers, nurse executives, critical care nurses, pharmacists, senior administrators, infection control professionals, quality assurance professionals, and trustees/board members.

Click [here](#) to Register and See the Agenda

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New Resources for Healthcare Providers

Choose the right population health management software for your practice

The *Population Health Management Software: An Opportunity to Advance Primary Care and Public Health Integration* report is a tool to help small to medium-sized healthcare practices and independent providers identify population health management products that have robust reporting and analytic capabilities. With the support of Million Hearts®, the [Public Health Informatics Institute](#) assessed software products from 10 vendors.

Help patients make healthful eating choices

The U.S. Food and Drug Administration (FDA), in collaboration with the American Medical Association (AMA), has a new continuing medical education video for physicians about using the Nutrition Facts label to help patients make healthful eating choices. The program includes two printable patient handouts: "Understanding and Using the Nutrition Facts Label," and "Key Nutrients and Your Health."

Survey finds increase in digital health use among consumers in 2016

[Hospitals & Health Networks Magazine](#) (12/29) A Rock Health survey revealed that the proportion of U.S. adults described as active digital health adopters rose from 19 percent in 2015 to 46 percent in 2016, and the number of non-adopters decreased from 20 percent to 12 percent. Researchers also found increases in the adoption of video-based telemedicine and high rates of consumer interest in sharing health data and getting electronic copies of medical records.

Study: Cost, quality improvements in value-based care take time

[Health IT Analytics](#) (12/27) Primary care practices in a value-based care program from 2010 to 2013 saw small improvements in quality over time, but not significant reductions in costs, according to a study in the [American Journal of Managed Care](#). Researchers noted cost and quality improvements in value-based care programs may take years to develop, and that significant improvements may require changes in the health system and in patient behavior.

How to bridge the gap between population health and care management

[MedCityNews.com](#) (12/27) Healthcare organizations should take steps to bridge the gap between population health and current care management practices, particularly for the highest-risk patients but also for rising-risk patients, writes Epharmix co-founder Joe McDonald. "The key to bridging the gap ... is optimizing care managers' time while making remote communication with patients easier," McDonald writes.

Black History Month

Every February, Americans celebrate Black History Month as well as the achievements and role in history of black Americans. This month is especially important to the American Heart Association because it gives us an opportunity to connect more with the black community and educate on health issues they face. Did you know blacks have higher death rates for stroke compared to whites? Or that over half of black men and over 75 percent of black women are obese? Differences in culture, lifestyle, and genetics have an impact on the cardiovascular health of all races, but blacks have some of the highest risk.

African-American risk facts:

- Cardiovascular diseases are the leading cause of death for African-American women, killing over 48,000 annually.
- Among African-Americans adults, 48 percent of women and 46 percent of men have some form of cardiovascular disease.
- Among African-American adults, 46 percent of women and 45 percent of men have high blood pressure.
- Of African-American women ages 20 and older, 48.3 percent have cardiovascular disease, yet only 14 percent believe that cardiovascular disease is their greatest health problem.
- Only about 50 percent of African-American women are aware that pain that spreads to the shoulders, neck, or arms is a sign of a heart attack.

The Iowa Department of Public Health -- Health Promotion and Chronic Disease Control Partnership

This e-Bulletin is supported by Cooperative Agreement Number 5U58DP004807-04 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Iowa Department of Public Health.



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